

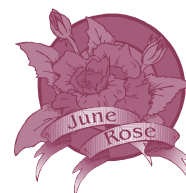


Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

June 2013



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA: <http://www.carlisle.org/foccoa>

From the Director

Check it Out - For our new readers, please check out our "Did You Know" section on page 5. Without repeating our entire roster of COA activities and services, we want you to be aware of things that we do here at the Council on Aging that might be helpful for you or your friends and family members.

Thanks, to all the Volunteers that help the COA on a day to day basis. Besides our wonderful COA staff and drivers, COA volunteers do so much to help seniors in Carlisle. Among other things, many of our volunteers are "friendly" Visitors, Callers, and Drivers, and/or they deliver Meals on Wheels. All of these things help Carlisle shut-ins who otherwise might not have anyone to check in on them. Thanks also to Carlisle's First Responders and others at Town Hall, the Gleason Library, and the Carlisle Public Schools as well as our community partners at the First Religious Society, the Congregational and St. Irene Churches. Between them, the Friends of the Carlisle Council on Aging, the Concord Carlisle Community Chest, and the Executive office of Elders Affairs, we would not be able to do what we do.

Mini-Survey - On occasion, we need you to let us know what you need! Please tell us what services we may be overlooking or could do better. In a way we have a built in feed-back mechanism for existing services from those that use them. However, this does not let us know what people who are not using our services think. For example, do you need more or better transportation services? If so, please tell us! We want to know what we do not know. *Best Wishes, David*

COA Monthly Luncheon - Thursday, June 20, 11:45am at St. Irene

Join us at **St. Irene Church (new summer venue change!)** for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy assorted sandwiches, garnishes, dessert and cold drinks. Please call the COA at (978) 371-2895 by noon Monday, June 17. If you need a ride, call (978) 371-6690 at least two days in advance. **Suggested donation: \$3. Following Lunch:** The Concord Traveling Players, an adjunct senior group of the Concord Players of Concord, MA. will return to present a program of staged dramatic readings starting at 12:30pm. Current Carlisle residents Rik Pierce, Tom Veirs, Birgitta Knuttgen, and longtime former resident Dorothy Schecter are members of the group. The program features scenes from well-known comedies, including adaptations of stories by O. Henry and Dorothy Parker, and a one-act play by Anton



Senior Patio Potluck Picnic- Wednesday, June 26 at 12 noon Patio adjacent to the Clark Room, Town Hall



Come to the Carlisle Town Hall to enjoy a late-June Patio Potluck Picnic. Meet the Carlisle Police Department, who will be doing the cooking! Please bring your favorite summertime dish (salad, side dish or dessert) to share. The COA will provide hamburgers and hot dogs and drinks. Please call (978) 371-2895 to register by Tuesday, June 18 at noon.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am -1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
Outreach Coordinator Angela Smith
asmith@carlisle.mec.edu
Transportation Coord. Debbie Farrell
coaride@carlisle.mec.edu
Admin. Assist. Marna Sorenson
coadmin@carlisle.mec.edu

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Vice-Chair
Abha Singhal
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Verna Gilbert
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Elizabeth Acquaviva




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Tom Dunkers Jean Sain
Peggy Hilton Liz Thibeault
Lillian DeBenedictis

Associate Members

Jim Elgin Sandy McIlhenny
Phyllis Goff Natalie Ives

JUNE 2013

2	3 Yoga – 9:30am	4 Restaurant Review-Red Rock Bistro, VC10:00am, CC10:15am English Smocking 11am Hollis Rm, Library Tai Chi-3:00pm St Irene	5 Chelmsford Crossing Lunch Congregational Church-noon, BP 11:30am, followed by Senior Medicare Patrol 12:30pm-1:00pm	6 COA Coffee & BP 9am Sleeper Room Fitness - 9:45am Cardio - 10:45am	7 grocery shopping-9am SAMA-10:45am	8
9	10 Yoga – 9:30am Sr. Moments-at Ferns 9:30am Book Club-10:15am Hollis Rm Library Caregivers Support Group 3pm-5pm, Hollis Rm Library	11 Tower Hill Botanical Garden tour, VC 9:15am, CC 9:30am Tai Chi-3:00pm St Irene	12	13 Men's breakfast & BP 8am Sleeper Room Fitness - 9:45am, Cardio - 10:45am	14 grocery shopping-9am SAMA - 10:45am Plant sale-10am Garden tour 10:00am-4pm FLAG DAY! 	15 Concert celebration in honor of Gabor Miskolczy Garden tour 10:00am-4pm
16 FATHERS DAY! 	17 Yoga – 9:30am	18 IKEA Shopping trip, VC 9am, CC 9:15am Tai Chi-3:00pm St Irene	19	20 Fitness - 9:45am Cardio - 10:45am COA Lunch -11:45am St. Irene BP 11-11:45 am Raffle drawing 12:30pm Concord Players 12:30pm KISS knit– 7:30pm	21 grocery shopping -9am SAMA-10:45am FIRST DAY OF SUMMER! 	22
23	24 Sr. Moments & BP-at Ferns 9:30am Yoga – 9:30am	25 Tai Chi-3:00pm St Irene	26 Senior Patio BBQ-Clark Rm Town Hall	27 Fitness - 9:45am Cardio - 10:45am	28 grocery shopping-9am SAMA-10:45am	29
30		<i>Inside walking 6/3-6/21 6:45-7:30am when schools are open. Last day of school June 21st</i>				



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TRANSPORTATION / TRIPS



COA Van Dreams



The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Weather Info/Cancellations: (978) 371-2895**

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

DONATIONS/FEES* are as follows: Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Van Pick-up for COA Lunch at FRS - For the COA lunches, van pickup at Village Court at 11:15, Congregational Church at 11:30. Please call the van line to confirm attendance.

Medical appointments

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips



Join us every Friday morning at 9:00am for The **Free** Weekly Grocery Shopping Trip to the new Market Basket in Westford. Call the van to make reservations (978) 371-6690. Van leaves at 9:00am.

English Smocking,

Terry Quinn, seamstress, presenter

Tuesday June 4, 11am Hollis Rm



Terry will show us the basics of English Smocking, which is putting a piece of fabric through a pleater and then embroidering on the pleats. You can use the fabric to do many things: you can make a bonnet with it, or the smocked front of a little girl's dress. We will make an ornament as a quick project. Don't worry if you don't own a pleater, or have never used one. Terry will provide one, and if anyone is interested, she will show you how to use it. All materials provided. Just come to watch and learn.

Carlisle Community Book Club

Monday, June 10, 10:15am Hollis Room

We will read *The Time Traveler's Wife*, by Audrey Niffenegger. pub 2003. 546+ pages. Science fiction. For information contact Mary Zoll, (978)369-5236.



Red Rock Bistro

Tuesday, June 4th

We are going to the Red Rock Bistro in Swampscott, MA, one of our favorite bistros with great views of the city, delicious food and an Ocean front patio. Plan to join us for great food and prices! Call Joanne at (978) 371-8023 to register: deadline is Tuesday, May 28th. \$5 van fee. Lunch is on your own. Leaves VC at 10:00am, CC at 10:15am. Returning around 4pm.



Tower Hill Botanical Gardens

Tuesday, June 11

Join us for a visit to the Tower Hill Botanical Gardens, a garden paradise on 132 acres in Boylston, MA. Enjoy a lunch at Twigs Café or bring your own. You may sign up for a tour when you arrive at the gardens. Entrance fee \$7.00. Make registration checks payable to Carlisle COA and send to Joanne Willens, 145 Church St., Carlisle, MA 01741. Call Joanne (978) 371-8023 to register: deadline is Monday, June 3. \$5 van fee. Leaves VC at 9:15am, CC at 9:30am.

IKEA Shopping Trip, Tuesday, June 18

We will be going to the IKEA in Stoughton for a fun-filled shopping event! Call Joanne Willens at (978) 371-8023 by Monday, June 10. Leaving VC at 9am, CC at 9:15am. Van fee is \$5.00. We will be returning by 4pm.



Carlisle Country Gardens Tour & Plant Sale **Friday June 14, Saturday, June 15, 10am to 4pm**



The tour features six private gardens, including charming rustic landscapes, enchanted woodland gardens, and two working farms. Tickets can be purchased at www.carlislegardenclub.org, Ferns, or New England Nurseries for \$15.00 and at the First Religious Society for \$20.00 on the days of the tour. Seniors are \$10.00 at all times. A Plant Sale of hardy perennials will be held at the FRS from Friday morning until it sells out. Proceeds from the Tour and Plant Sale benefit town beautification projects, scholarships for high school students and civic programs such as the COA Holiday Wreath Decorating event. **The Garden Club could use your Help.** Garden Hosts are needed to greet visitors. Each volunteer receives one free ticket to the tour. The shifts run from 10 a.m. to 1 p.m. or 1 p.m. to 4 p.m. Horticultural expertise is not necessary. To sign up go on the website noted above, or contact Barbara Lewis at blglewis@comcast.net or (978) 287-0049.



FOR YOUR HEALTH!



Free Blood Pressure Clinics

Wednesday, June 5, 11:30am Chelmsford Crossing lunch Congregational Church, sponsored by *Chelmsford Crossing*

Thursday, June 6, 9:00 am - Village Court at the COA Coffee, sponsored by *Life Care Center of Nashoba Valley*.

Thursday, June 13, 8:00 am Sleeper Room during the Men's Breakfast, sponsored by *Home Instead*.

Thursday, June 20 11:00 to 11:45 am St. Irene Church at the COA Lunch, sponsored by *FCOA & Emerson Hospital Home Care*

Monday, June 24, 9:30am Ferns during Senior Moments, sponsored by *Right at Home*

Podiatry Clinic

Tuesday, July 2nd, Sleeper Room at Village Court. Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



EXERCISE CLASSES - Mind & Body



NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for new sessions of all programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

FITNESS CLASS - Thursdays June 6, 13, 20, and 27 (Clark Rm at Town Hall) at 9:45am Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes, bring hand weights. **Fee:** \$40

CARDIO-BOOST CLASS - Thursdays June 6, 13, 20, and 27 (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (Mar - May)

INTERGENERATIONAL TAP, BALLROOM

DANCING AND ZUMBA- No classes for the summer. Look for our classes to start again in September and October! Call in August to register!

TAI CHI- Tuesday June 4, 11, 18, 25 at 3:00pm

New Location, Town Hall Clark Room. No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program!

YOGA - Mondays (St. Irene) June 3-July 29 from 9:30 - 10:30am Fee: \$120 for 8 wks. (\$40 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

SAMA EXERCISE CLASS - Fridays June 7, 14, 21, 28 at 10:45am Clark Room SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those 50 and older are welcome. \$100 for 10 wks.

Inside Walking, Carlisle Public School Gym 6:45 – 7:30 am when school is in session. *Last day of school is June 21st! We are not planning on arranging inside walking over the summer. If you would like to walk, please call Angela at (978) 371-2895.*



Caregiver Support Group, Monday, June 10 from 3:00-5:00pm



Anne Marie Rowse, principal of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care. Ann Marie has volunteered to facilitate a Caregiver Support Group for those caring for aging loved ones experiencing medical challenges, including dementia or related conditions, as well as for elders themselves looking for health care information. No registration required; just come to the Hollis Room of the Gleason Public Library, 22 Bedford Road, Carlisle, Ma. The support group is free of charge and offered as an important service for the greater Carlisle community. If you want more, please contact Anne Marie at amarowse@charter.net.

Did You Know!

The Carlisle Council on Aging (COA) provides many areas of support to the Seniors as well as other town residents. Below are some of the ways in which the COA can assist you or someone you know so that those in need can live a fuller life. If you would like any additional information on these services or if you have a special need or request, please contact the COA at (978) 371-2895.

Medical Equipment: The Carlisle Council on Aging (COA) has medical equipment to loan to any Carlisle resident in need. We have walkers, crutches, commodes, shower chairs, grabbers, wheelchairs and more. Just call the Council on Aging (978) 371-2895 to check that we currently have the item you need “in stock.”

Outreach/Social Worker: Do you need help with an issue as you or your family member age? If so, please contact our Outreach Coordinator, Angela Smith, for information and referrals. Angela can help you look for data on available housing options, help with Medicare Insurance choices, home care support, support groups, etc. The Council on Aging Social Worker, Peter Cullinane, is also available for confidential support by calling the main Council on Aging number (978) 371-2895.

Exercise Programs: Maybe you aren't sixty as yet, but if you are fifty or older you are welcome to join our Fitness, Cardio, Zumba, Martial Arts and Tai Chi classes. Our Tap class welcomes anyone twelve or older. Please stop in and try one session of any exercise program for FREE!

Community Conversations: If you see our Community Conversations listed in the Mosquito under COA doings, feel free to join in for any or all (no age restriction)! Conversations are usually twice a month during the school year and cover a variety of topics from “healthy eating,” to “New Massachusetts Probate Code,” to learning to “Smock.” *All events are free!*

Fuel/Food Assistance: Based on financial eligibility, all residents will be helped by the Carlisle COA with fuel assistance. Various programs are available for support during the winter months. No age restrictions.

Volunteering: We are always looking for help. Maybe you would be willing to drive someone to a local appointment, deliver some Meals on Wheels, help in the office, help with a newsletter mailing, help with programming, photography, provide information at one of our Community Conversations, or have some other talent you are willing to share. Just call the COA office to acquire more information.

Resource Guide: Did you know that the Carlisle COA has a Senior Resource Guide online? Need some info for a family member or friend, check out our guide http://www.carlislema.gov/Pages/CarlisleMA_COA/elder%20resource_guide_12-5-12.pdf.

Transportation: We have two COA vans and volunteer drivers to provide transportation for our seniors. We can take you to places such as hair salons, Dept. of Motor Vehicles, appointments and food shopping. Exciting and fun day trips are offered to restaurants, museums, coastal towns like Newburyport and the city of Boston. Call (978) 371-6690 with *any* questions regarding transportation.

Friends of the COA: The “Friends,” as we like to call them, provide funding that subsidizes many of the senior programs that are offered through the COA, including several of the activities listed on this page, such as Fuel Assistance, Health Clinics and Exercise programs. They also support programs that help Carlisle seniors to get out of their homes and socialize, whether it be for a nutritious meal at one of our local churches or a cultural activity at the Gleason Library.

Are You OK: If you would like a wellness check or a call in the event of a weather-related emergency or disaster, call us for a “Special Needs” form. If you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice) or a File of Life, call the COA at (978) 371-2895.

Other Helpful Information: Check out our newsletters and other information (such as how to become a Senior Tax Worker) at our COA website www.carlislema.gov/pages/carlisleMA_COA.

FOOD COURT & Miscellaneous Activities



Monthly Coffee - Thursday, June 6 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Kathleen McPartlan of Life Care Center of Nashoba Valley.

Men's Breakfast **Thursday, June 13 at 8am**



Held at the Sleeper Room at Village Court each month. Come and enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. **Suggested donation:** \$3.

"SENIOR MOMENTS" at Ferns **June 10th & 24th from 9:30-11am**



A casual drop-in for Carlisle seniors 60+.

FREE goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee. First come, first serve!

Chelmsford Crossing Lunch

Wednesday, June 5th Congregational Church at noon

Join us at the Congregational Church for our monthly luncheon run by our wonderful team of COA volunteers. Enjoy a delicious meal of roasted chicken leg, potato salad, cole slaw, tossed salad, and dessert. Suggested donations: \$3.00. **Following the lunch, 12:30pm-1:00pm; SMP (Senior Medicare Patrol): Empowering Seniors to Prevent Healthcare Errors, Fraud & Abuse.** *Do you know* that healthcare errors, fraud and abuse cost billions of dollars annually? *Do you know* that approximately 100,000 lives are lost each year due to healthcare errors? Learn the best practices of how to Protect, Detect & Report health-care errors, fraud and abuse. Remember, healthcare errors can also cost you your life or the life of a one. Don't miss this important meeting. *Get empowered!* Please call (978) 371-2895 to register no later than noon Wednesday, May 29.



Knitting in Service Society (KISS)

Knitting in Service Society (KISS) is a group of girls and women who have been knitting since 2006 benefit Boston's homeless through Common Cathedral. Hats and scarves that are given as presents to homeless men and women. For info on Common Cathedral, their needs and a simple pattern, visit the following web site: www.ecclesia-ministries.org/howto.html. Donations of yarn and needles can be dropped off at the FRS or COA offices. If you would like to knit with the KISS group, **the upcoming meeting is Thursday, June 20 at 7:30pm.** KISS will meet monthly again starting in September. To be added to the monthly email reminder, email frs@carlisle.org. For additional information, call FRS at (978) 369-5180.



Trivia - COA, Sports & Movies *(Answers Below):*

1. What were the two busiest and two least busy months of the year for use of the COA vans?
2. Who were the sports figure known as Dr. J, The Galloping Ghost, & The Big O (not that big O)?"
3. Who am I? I am an actor that appeared in only five featured films during the 1970s but all five films either won or were nominated for the Oscar for Best Picture. Hint: I never acted in a film again after 1978. Bonus question: what were the five films?

Answers: 1) Busiest COA van months: November & April Least Busy COA van months: July & February, 2) Red Grange was the Galloping Ghost, Julius Erving was Dr. J and Oscar Robertson was the Big O. 3) John Cazale (Godfather I & II, the Conversation, Dog Day Afternoon, The Dear Hunter)

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

New COA Registration Form

We are encouraging everyone to complete the new COA registration form that was included in the May newsletter. The purpose of the form is to fill in gaps and in some cases update information that we have in the Council on Aging's new software database. This information helps us with emergency contact information, phone numbers and email addresses. If you need a form to complete we can email or send you a copy. ***We are extending our deadline date to June 20, 12pm.***

All those who return the form will be entered into a raffle for a chance to win a restaurant.com gift card (obtained at no cost by the COA).

\$100.00 Restaurant.com Gift Card

Deadline for entry into the raffle is June 20, 12pm
Call the COA at (978) 371-2895 for more information.

Gaining Ground has opened for the season!

Come volunteer at the Gaining Ground Garden this season and give yourself a chance to engage in meaningful work. Gaining Ground donates all of its produce to area food pantries and meal programs. Our fresh fruit and vegetables are consumed within 20 miles of our farm and within 24 hours of harvest. The 9-acre garden is located at the historic Thoreau Birthplace property on Virginia Road in Concord, MA. This site has been in continuous cultivation since 1635, making it one of the oldest farms in America. We are a volunteer-driven organization that relies on the energy, talent, and enthusiasm of hundreds of people. We welcome volunteers of all ages, abilities, and background.



Gaining Ground currently needs volunteers during the week. So make it a morning or afternoon with your friends, colleagues or just yourself. We'll offer you knowledge of where a variety of produce comes from and how it grows and you will leave knowing you gave a family in need the opportunity to eat healthy produce. For more information about Gaining Ground, see our website: gainingground.org. For information on volunteering at the Garden, contact volunteer@gainingground.org.